



**January- March 2021**

---

## **PRESENTATIONS**

---

**NEW!**

### **OVERVIEW OF ANXIETY DISORDERS & OTHER MENTAL HEALTH CONDITIONS - Thursday, January 14, 10:30 - 11:30 a.m.**

This session will present an overview of Anxiety Disorders and a summary of major mental health conditions along with commonly used intervention strategies.

**NEW!**

### **GRIEF 101 - Wednesdays, January 20, Noon - 1 p.m. & March 10, Noon - 1 p.m.**

This workshop addresses loss across the lifespan but particularly focuses on the death of a loved one. Anticipatory, normal and complicated grief will be identified as well as grief responses in children briefly addressed. Some common theories of grief will also be explored. The emphasis is on normalizing grief and providing resources to cope.

### **UNDERSTANDING MENTAL HEALTH CONDITIONS AND HAVING A CONVERSATION OF CONCERN - Tuesday, January 19, 11 a.m. - Noon**

Do you know that an estimated 1 in 5 Americans (43.4 million adults) experience a mental illness in a given year? Given that you, a family member or a coworker might be that one individual, perhaps you can benefit from a better understanding of how mental and emotional health conditions impact the work environment, our friends, families, or ourselves. Join us to discuss these issues, learn about emotional/mental health conditions, and discuss myths about mental health. In addition, gain some tips on how to have a conversation with someone you have a concern about.

### **SELF-CARE DURING TIMES OF TRANSITION - Monday, January 25, 1 - 2 p.m. & Thursday, January 28, 9:30- 10:30 a.m.**

This session focuses on tools and skills for prioritizing self-care, specifically during times of transition. Don't have a lot of time to squeeze it in? No problem. Folks will walk away with a tangible plan and self-care techniques that they can use both at home and at work- even when their schedules are tight.

---

**Space is limited - Register early**

---

To attend any of these presentations email [fascco@umich.edu](mailto:fascco@umich.edu)  
and list the session you would like to enroll in.



**FACULTY & STAFF COUNSELING  
& CONSULTATION OFFICE**  
UNIVERSITY OF MICHIGAN

[fascco@umich.edu](mailto:fascco@umich.edu) | [fascco.umich.edu](http://fascco.umich.edu)

---

## DISCUSSION GROUPS

---

Are you looking for a little support? Sign up for one session of the Virtual Discussion Groups facilitated by FASCCO. This is a pilot program to evaluate how helpful small group discussions can be for you. To help facilitate discussion, each group has a maximum of 20 participants. More groups may be scheduled to accommodate demand. You can see more mental and emotional health classes [here](#).

**NEW!**

### **COVID EFFECTS DISCUSSION - FOR THOSE WHO HAVE SOMEONE CLOSE DIAGNOSED - Tuesday, January 12, 3:30 - 4:45 p.m. & Thursday, January 14, Noon - 1:15 p.m.**

This group will encourage participants to reflect on how covid has impacted their lives and share coping strategies. It is open to those who have had a family member, friend, or colleague affected with a Covid diagnosis.

### **WFH STRATEGIES & SKILLS -**

**Tuesday, January 12, 11:30 - 12:45 p.m. & Thursday, January 21, 11:30 - 12:45 p.m.**

In these trying times, we are all trying new things. For many, that means working from home (WFH) Join this FASCCO facilitated discussion group to connect with peers. Together you will explore strategies that work for you, plus pick up some practical tools & tips to stay connected with colleagues and manage your time.

### **STRESS MANAGEMENT GROUPS - Wednesdays, January 20 & 27, 11:45 a.m. - 1 p.m.**

FASCCO is offering a discussion group for faculty and staff regarding stress management. The primary focus will be on discussion of stress management strategies, such as cognitive and behavioral approaches, mindfulness, exercise, guided imagery, muscle relaxation, deep breathing, and social support seeking. The format will be informal and Interactive.

### **WORKING FROM HOME WITH YOUNG CHILDREN - Monday, January 11, 1 - 2:15 p.m.**

So many of us are working from home with the world's most distracting co-workers - our kids! Join FASCCO counselor Jill Castro for a WFH parent support group in Zoom. She's a parent of a 3-year old and will facilitate a virtual support group to offer parents a space to vent, provide support for one another, discuss challenges, and celebrate small victories.

### **DEALING WITH UNCERTAIN TIMES - Thursday, January 21, 11:30 - 12:45 p.m.**

With so much change, and so much unknown about our current day-to-day, it's understandable to feel anxiety. Come join our group and let's explore ways to deal with uncertainty.

### **FOSTERING PERSONAL AWARENESS AND RESILIENCE DURING THE PANDEMIC - Mondays, March 1, 8 & 15, Noon - 1:15 p.m. - Three-part series; must attend all sessions.**

FASCCO's 3-week interactive discussion group will focus on the creative expression of self during challenging times. We will explore barriers to living fully, self-care and compassion, wisdom and resiliency. Come prepared to interact with others and consider living fully during the pandemic. Handouts will be given in advance of each session; but these are "discussion groups" so participation is necessary. Presenters: Karen Semenuk and Joanne Bernard

### **FOSTERING SOCIAL CONNECTIONS/STRATEGIES IN VARIOUS ENVIRONMENTS - Wednesdays, February 10, 17 & 24 Noon - 1:15 p.m. - Three-part series; must attend all sessions.**

This 3 session experiential Discussion group will focus on the art of developing conversations in formal and informal settings, Barriers to communication as well as cultural and social norms will be explored. Participants will learn active and reflective listening skills, conversation starters and resources for engagement.

### **GRIEF DISCUSSION GROUP - First Thursdays of the Month, Noon**

Loss of a spouse or partner. This group will address various topics that may include loneliness, parenting, social isolation, new role/ identity as widow or widower, etc. The intent of the group will be driven by topics that are important to the participants. This offering emphasizes group discussion of participants as well as educational components. No one will be required to speak, but doing so often helps the grieving process.

**NEW!**

### **MOM'S GROUP - Second Thursday of the month , Noon -1:15 p.m. - Pre-registration is required on a monthly basis.** Please inquire for details. Contact Jill Castro at [jscastro@umich.edu](mailto:jscastro@umich.edu) or (734) 936-8660.

---

**Space is limited - Register early**

---

To attend any of these presentations email [fascco@umich.edu](mailto:fascco@umich.edu) and list the session you would like to enroll in.